



Vegetarianism For Beginners - Food Reform For Slender Purses

Maud Baines

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This is a delicious read for any vegetarian or health food enthusiast. A detailed study of Why Flesh Meat Is Not Desirable, Simple Rules for Health, A Salad a Day, How to Cook Vegetables Conservatively and much more information that is still useful and practical today. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

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